

## Signature Green Juice

This is my very own favorite green juice recipe. I have been having it first thing every morning since five years now. It has incredible detoxifying and anti-inflammatory properties.

🕒 Preparation 5 minutes • ⌚ Total 5 minutes 1 portion

### Ingredients

or	or
6 sticks of celery, raw (180 g)	30 grams of ginger root, raw
or	or
150 grams of fennel, bulb, raw	1 sprig of mint, fresh (1 g)
or	or
2 wedges or slices (1/8 of one 2-1/8" dia lemon) of lemons, raw, without peel (14 g)	1 teaspoon of turmeric, ground (3 g)

### Cooking method

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Wash thoroughly and insert all ingredients into a juicer and stir.